

# WELCOME 2020

## INDUCTION WEEK TIMETABLE

**COURSE TITLE: HUMAN NUTRITION AND DIETETICS**  
**CAMPUS: LLANDAFF**

<p>MONDAY 28<sup>th</sup> SEPTEMBER Dydd Llun 28 Medi</p>	<p>TUESDAY 29<sup>th</sup> SEPTEMBER Dydd Mawrth 29 Medi</p>	<p>WEDNESDAY 30<sup>th</sup> SEPTEMBER Dydd Mercher 30 Medi</p>	<p>THURSDAY 1<sup>st</sup> OCTOBER Dydd Iau 1 Hydref</p>	<p>FRIDAY 2<sup>nd</sup> OCTOBER Dydd Gwener 2 Hydref</p>
<p><a href="#">Welcome to the School of Sport and Health Sciences</a> – Dr Katie Thirlaway, Dean of Sport and Health Sciences welcomes you in this short video, and provides information of what your Cardiff Met experience will be like. Watch this video before the programme Director Video below.</p> <p><a href="#">Programme Director Welcome Video</a> – check out all your programme has to offer and what you’ll be up to on your programme. This recording will be available from this day to watch before your first personal tutor session</p> <p><b>12:00- Live session UG and PG</b> Welcome from your Programme Directors: Rhiannon Harris and Amanda Squire. Introductions and allocation of personal tutor group You will be invited via MS Teams</p> <p><b>13:00 Live session UG and PG</b> A Rough Guide to year 1 from Dietetics society Reps You will be invited via MS Teams</p> <p><b>2.00 Personal Tutor meeting 1 RH, AS and LL</b> <i>Meet your tutor and your fellow tutees in this online session. Your tutor will be an important resource to support you during your time at Cardiff Met.</i> You will be invited via MS Teams</p>	<p><b>11-1 Live TEAMS session PGs only</b> <i>Course orientation and Dietitians in Practice prep</i> You will be invited via MS Teams</p> <p><b>2-4 Live TEAMS session UGs only</b> <i>Course orientation and Dietitians in Practice prep</i> You will be invited via MS Teams</p> <p><b>1-2-1 Meeting with your Personal Tutor*</b> – Book in your 1-2-1 meeting with your personal tutor via the Personal Tutor Portal based on the slots shown by your tutor. You will be invited via MS Teams</p>	<p><a href="#">Freshers Fayre online</a> – Look on the Cardiff Met SU website to find out all about the Students Union and the diverse range of sports and societies that are on offer to all Cardiff Met Students. Check out the <a href="#">Essential Guide</a> to get you started!</p> <p><b>11.00 Live Teams Session Meet the team</b></p> <p><b>12.30- 1 Live TEAMS session</b> <i>(with nutrition students) Nutrition Resources with Shirley</i> You will be invited via MS Teams</p> <p><b>1-2 Live TEAMS session</b> <b>Interprofessional Education</b> <i>Meet the students studying on other health programmes who you will be working with</i> With Amanda Squire You will be invited via MS Teams</p> <p><b>2.00pm Personal Tutor meeting 1 : KG and SH</b> <i>Meet your tutor and your fellow tutees in this online session. Your tutor will be an important resource to support you during your time at Cardiff Met.</i></p> <p><b>3.00 Live TEAMS session PGs only</b> <i>Nutrimer dietary analysis with Hilary Wickett</i></p> <p><b>1-2-1 Meeting with your Personal Tutor*</b> – Book in your 1-2-1 meeting with your personal tutor via the Personal Tutor Portal based on the slots shown by your tutor.</p>	<p><b>10am Live Question and Answer session for NHS Bursary and Occupational Health Information</b> – If you have any queries after watching the information videos about these processes please attend this session.</p> <p><b>1-2-1 Meeting with your Personal Tutor*</b> – Book in your 1-2-1 meeting with your personal tutor via the Personal Tutor Portal based on the slots shown by your tutor.</p>	<p><b>Personal Tutor Meeting 2</b></p> <p>Group Catch up with your personal tutor group and the tutor. Day and Time to be arranged with your personal tutor</p>

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### *Links to other important resources (also posted on CSSHS Moodle site)*

<a href="#"><u>Met Central/ Met Canolog</u></a> – go here for links to all student resources and services	<a href="#"><u>Digital Essentials Induction</u></a> - Don't know your Microsoft Teams from your Moodle? Confused by emails and Teams Chat? This useful resource can help guide you through the IT systems at Cardiff Met.
<a href="#"><u>Starting your employability journey</u></a> – a short video from the School Employability Principal Lead, Steve Osborne, outlining the support that Cardiff Met offer to support you on your journey	<a href="#"><u>ResLife programme</u></a> – Living in Halls? Find out what's going on over the induction period.
<a href="#"><u>Student Services</u></a> – a short video to let you know how student services can support your time at Cardiff Met.	<a href="#"><u>What to know before you go</u></a> – A fantastic resource from the Student Union to help you get to grips with all the useful info before to arrive at Cardiff Met.
<a href="#"><u>NHS Bursary Information</u></a> - A short video from Tracey Jeffrey's about the your Bursary, the process and your payments.	<a href="#"><u>Occupational Health</u></a> - A short video from the Lucy Corbett about your vaccinations, the process and your appointments.

*\*You will have one 1-2-1 meeting with your Personal Tutor on either Tuesday, Wednesday or Thursday*